

# Beetroot Hummus

*Season:* Summer  
*Kitchen:* No  
*Serves:* 30 tastes  
*Preparation time:* 10 minutes  
*Cooking time:* -



## Ingredients

2 teaspoons ground cumin  
2 tins chickpeas, drained  
500g cooked beetroot  
1/2 teaspoon black pepper  
1/4 cup olive oil  
2 cloves garlic, crushed  
Juice of 1 lemon  
Parsley for garnish



## Equipment & Utensils

Food processor or blender  
Measuring spoons  
Garlic crusher  
Serving dish



## Method

1. Add chickpeas and cumin to food processor. Season with pepper
2. Process for 30 seconds and add beetroot. Process again
3. Add olive oil, garlic and lemon
4. Blend to make soft puree
5. Spoon into serving dish and add parsley to garnish

